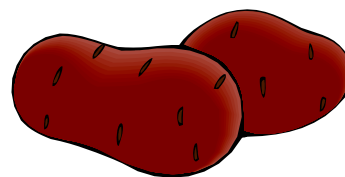




Vegetable of the Week:  
**Sweet Potatoes**

Healthy Recipe Idea: Glazed Sweet Potatoes



**Ingredients:**

1 pound of sweet potatoes, peeled and cut into 1/2 inch-thick slices  
1 tablespoon cornstarch  
1 tablespoon brown sugar  
3/4 cup unsweetened orange juice  
2 tablespoons lemon juice

**Directions:**

Spray a 1-quart casserole with cooking spray and place potatoes in. Combine cornstarch and brown sugar in a small bowl. Add orange and lemon juices, stirring well. Pour over potatoes. Cover and bake at 425° for 40 minutes or just until potatoes are tender and glaze is thickened.

**How do I slice my sweet potatoes ?**

Choose firm, heavy potatoes. Avoid potatoes that have sprouted or have wrinkled skins. Store in a cool dark place. Do not refrigerate. Scrub well under running water just before use. Peel by scraping with a vegetable peeler. Use a heavy sharp knife to cut into slices, starting at one end and working towards the other end. You should have small round slices, rather than long oval shaped slices.